

Whole Child Lesson for Elementary School

Topic: Teamwork

Let's Breathe

Imagining ourselves in a happy or calming place, is a great way to reduce stress, anxiety, feel good, and develop a positive attitude at for any situation. Imagery requires focus and self-discipline, because we can easily get distracted. We get better the more we practice! Today we'll go on a **sailboat**, but focus closely on our breathing.

First, on a scale of 1-10, how are you feeling right now? [Breathe Meditation](#)

Now, on a scale of 1-10, how are you feeling now? **Think:** When and where would this calming technique be helpful?



Let's Learn

In every area of our life, we are asked to work with others. On classroom assignments, on the playground, as a family, or in sports. Can you imagine a basketball team that didn't know how to work together? [Click here](#)



Check out these 2 short films.



Right now we may be having to learn new ways to work as a team in our homes. Did you notice how the meerkats stuck together, despite the challenges? Did you notice how the minions got creative and encouraged each other?

Let's Move

Staying active is important. Just because we're stuck at home, doesn't mean that we can't keep moving. This week we've been focusing on animal movements that you can do inside or outside. Today let's try out the **Frog Jump**.

[Frog Jump](#)



Let's Grow

Think about how working together at home is different than it may have been before.

Write about the challenges you may be experiencing at home learning to work together.

What strengths do you bring to the team?

Where do you need to improve as a teammate?

What are you doing to support and encourage those around you?

